

Amendments to the Specification

On page 1, please replace the paragraph starting on line 4 with the following:

This application is a Continuation of Application Ser. No. 09/496,601, filed on February 2, 2000, which is a Continuation of Application Ser. No. 08/878,437, now U.S. Patent No. 6,176,962, filed on June 18, 1997, which is a Continuation-in-part of Ser. No. 08/853,661, filed May 9, 1997; and this the 08/878,437 application is further a Continuation-in-part of Ser. No. 08/715,338, filed September 18, 1996, now U.S. Patent No. 5,935,401; and this the 08/878,437 application is further a Continuation-in-part of Ser. No. 08/690,307, filed July 30, 1996, now U.S. Patent No. 5,770,029. ~~The foregoing U.S. Patent Applications, which are all hereby incorporated herein by reference in their entirety.~~

On page 6, please replace the paragraph starting on line 30 with the following:

The structures may take a variety of different shapes; they may, for example, be including disc-like or card-like, and they may be layered or laminated "sandwich" structures. Representative shapes for such structures are further described in, for example, U.S. Patent Applications Serial Nos. 08/853,661 and 08/715,338 and U.S. Patent Nos. 5,750,015 and 5,770,029.